

Woman's Page

How to Fight the High Cost of Living

Married Couple Save \$500 Yearly on \$25 a Week—Systematic Saving and Use of Their Money Brings Good Results—The Modern Country Girl—Why She Is Wealthier Than Our Grandmothers Were—Recipes.

SAVE \$500 A YEAR.
Our great-grandmothers would have been glad to have the conveniences we have today which naturally we must pay for. Wages are better, though, than they formerly were, but the great trouble of today is that most people live beyond their income. The man who earns \$100 a month should not try to do the society act. On an income of \$25 a week we lay aside \$10; \$5 pays the rent for two comfortably furnished rooms. The kitchen can easily be run on \$5 a week, this leaves \$5 for carfare, laundry, lodges, and amusements. Amusements may be left out occasionally and this amount given to charity. For we certainly feel the better for helping some worthy soul in distress, regardless of his race or creed.

FOR SUMMER AFTERNOONS.



This dress, designed for a graceful girlish figure, shows that the pannier has not completely disappeared. The flared portions are of silk, with a shaded design showing green, rose and yellow, with the green predominating. The plain material is pale rose pink satin with a deeper shade for the girdle. The buttons are of clouded glass resembling opals.

HAVE YOUR PIANO TUNED



Get one of our yearly contracts. Work fully guaranteed.

GLEN BROS PIANO COMPANY

2470 Hudson Ave. Phone 181

amused. One can put the amount aside for one or two good shows or lectures or some many prefer "the movies" weekly. Others may prefer to stay home and read some magazines or a good book.

I do my own sewing, but very often find a real bargain ready made. Mending means a great saving. We buy few clothes, but always with an idea of wearing longer than one season. An alteration often helps the style. We endeavor to purchase only that which is becoming and serviceable and manage to be neat and clean.

Food must be nutritious, but this doesn't mean the most expensive. It isn't necessary to have meats every day. Navy or lima beans cooked with a nice slice of bacon are very good. Rice and vegetable soups. What desserts cooked dried fruits are nice. Cooking apples can be bought for less than the others and are very wholesome. There should be no waste. Leftovers can usually be used to an advantage. The cookbook should be read along with other reading matter. Husband and wife must have the same views and lay aside all their extravagant habits. We have been able to save \$500 a year for the last six years, have always had plenty, and a week's vacation in camp every summer.

"A. R. C."

THE MODERN COUNTRY GIRL.
(Copyright 1913, by Lillian Russell.)
The country girl is the favorite theme with poets, and when she is what he generally paints her she is more than worthy of his verse. What a picture of fresh and charming beauty does the mere mention of her name call up before the mind; those noble contours, those sweet, frank, maidenly features, those deep, clear eyes so full of expression, those health tinted cheeks, all conspire to form a combination which no man has the power or will to withstand.

Such a being a queen in her own right, and all men are her willing slaves. This is the ideal country girl—the country girl as she ought to be and might be.

Seek her among the corn fields and orchards and in the cottage homes which hide themselves among the shady trees. If you do not find her you will find the actual country girl of today, with perhaps a curved spine, a hollow chest, a diseased liver and a dyspeptic stomach. Neuralgia, general debility, and decline, the whole train of female diseases, are now as common in the country as in the city.

RECIPES.

Curried Cauliflower—One good cauliflower, two tablespoonsful of butter, one tablespoonful of chopped onion, two tablespoonsful of flour, one teaspoonful of curry-powder, one tablespoonful of chopped apple, one gill of milk, one gill of water, one teaspoonful of chutney, and salt and pepper. Boil the cauliflower until tender, but not broken, in boiling salted water. Lift it out, drain thoroughly, and lightly press into a neat, compact shape with a soft cloth. While it is cooking prepare the curry sauce. Melt the butter in a saucepan and add the onion and apple and fry them a good brown. When they are nearly dark enough stir in the curry-powder, and fry that also. This improves its flavor. Pour in the milk and water, and stir the sauce until it boils.

Add the chutney and seasoning, and let the sauce simmer gently for fifteen minutes. Place the cauliflower in a hot dish, and strain the sauce over. Brown bread and butter is excellent to accompany this dish.

A Cake of Cooked Vegetables—Any kind of cooked vegetables can be used for this, but if beet is included it will, of course, color the whole. One cupful of cooked vegetables, such as carrots, cabbage, peas, beans, one cupful of cooked potatoes, one cooked onion, two tablespoonsful of butter or dripping salt and pepper. Mash the potatoes and chop the other vegetables, except the peas. Mix them all well together, and season well. Melt the dripping or butter in a frying-pan and when it is hot, put in the vegetable mixture. Spread evenly over the pan. Fry for five minutes, then raise up a corner with a knife to see if it is nicely browned. If so, put a plate over the pan and turn the cake on to it, then slip it back into the pan, brown side up, and fry the other side. It may be necessary to add more dripping. Cut into four pieces, and serve very hot.

DON'T ALWAYS PAY TO FOLLOW ADVICE

Says Popular Salt Lake City Man in Business Interview

"It does not always pay to follow advice of friends, even though they are well meaning," commented Mr. H. S. Randall, a well known Salt Lake City business man whose home is at 423 Church street, that city. "Yet it sometimes does pay, as I have found in the case of Plant Juice. Many people recommended it to me for my rheumatism and stomach trouble; said that they had taken it and it was the best thing out. So I tried it, and you bet I am glad I did. My rheumatism is all gone; not an ache or pain left or any stiffness; stomach is in fine shape. I eat what I please and am free from indigestion. Plant Juice is a magnificent tonic, it builds up a fellow and makes him feel fine. I don't know of anything else that will compare with it."

Uric acid in the blood is speedily dissolved by Plant Juice and removed. It is this that brings relief and cure for sufferers from rheumatism and kidney disorders. When taken into the system it clears the liver, eradicates biliousness and corrects all disorders of stomach, liver, kidneys and blood. It will put new life, energy and health into you. For sale at the McIntyre drug store, 2421 Washington avenue.

SOUTHERN SENATOR SEES RUIN AHEAD

Washington, May 5.—"For the first time any party has raised the radical flag of free trade," was the declaration made yesterday by Senator Ransdell in discussing the ruin to the industry that would attend the success of the administration's purpose to remove the duty from sugar. The senator accused the Democratic party of violating its platform promises, quoted one of President Wilson's pre-election speeches, wherein he declared that "the Democratic party does not propose free trade or anything approaching free trade," and concluded with a warning that the action of the administration would cost the party the control of the senate next year.

"From the beginning," said Senator Ransdell, "the administration forces have been proceeding on the theory that all duty on sugar must ultimately be removed and sugar be placed on the free list. The beet and cane sugar producers cannot conceive how such a condition can ever be sought."

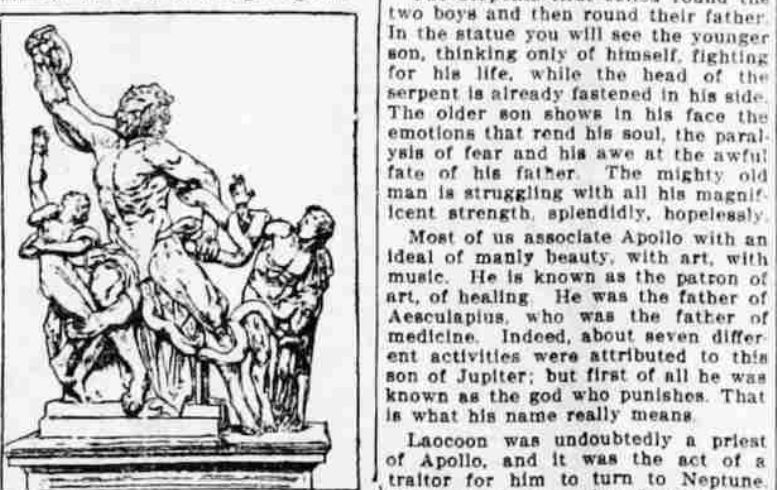
Statutes With a Story

"Learn One Thing Every Day"

No. 1. THE "LAOCOON" GROUP

Copyright, 1913, by The Associated Newspaper School, Inc.

No statue in the world has profounder moved so many people as the "Laocoon." Millions gazed upon it during the centuries when the "Venus of Milo" was lying buried and unknown on the island whence the perfect marble woman takes her name. These sculptures, with the "Apollo Belvedere," are the most prized statues in the world. But the difficulties of reproduction make the "Laocoon" less familiar than the two single figures.



While the "Venus of Milo" and the Apollo are works of sheer beauty, the "Laocoon" has the majesty of terror. You may see a very wonderful picture of the sculpture in "The Mentor" for this week and read also the brilliant and authoritative comment by Prof. J. C. Van Dyke of Rutgers college.

No one knows who modeled the group; but, out of the mists that clouded human activity before history began has come the story it perpetuates. It belongs to the time when the Greek gods ruled the world in joyous nakedness, with occasional diversions in the form of bloody vengeance.

Laocoon played a part in about the best known incident in the Homeric epic; the drawing into Troy of the wooden horse. Laocoon was a priest of Apollo and an important man in Troy; but he didn't have influence enough to prevent his fellow citizens from bringing in that wooden horse, which was filled with soldiers, as you remember, and resulted in the downfall of Troy, after a siege of ten years. The legends all seem to agree that

by a Democratic administration, since Democracy has for more than a century preached and practiced a tariff for revenue and sugar is the ideal revenue producer. For the first time my party has raised the radical flag of free trade.

Quoted Wilson.
"The party declared in its last platform that no tariff changes should injure a legitimate industry and President Wilson, speaking at Pittsburgh on October 17, 1912, said: "The Democratic party does not propose free trade or anything approaching free trade. It proposes merely a reconsideration of the tariff schedules such as will adjust them to the actual conditions of the country."

"All the testimony adduced in recent hearings before congress has shown that the Underwood schedule, providing for free sugar after three years, would result in the absolute destruction of Louisiana cane sugar, also a very large percentage of the beet sugar industry."

Simple New Remedy Has Powerful Action

It seems strange to many people in order that the simple mixture of buckthorn bark, glycerine, etc., as compounded in Adler-Ika, has such a quick, powerful action. Our customers state that JUST A SINGLE DOSE usually relieves sour stomach, gas on the stomach and constipation so quickly that it is really astonishing. Many say Adler-Ika is the best bowel and stomach remedy we ever sold. A. R. McIntyre, Drugs. (Advertisement)

GREENWOOD IS THIRD WARD SPEAKER

The conjoint session of the Third Ward Mutuals last evening was largely attended and a splendid program was carried out under the direction of Second Counselor Alonzo West of the ward W. M. M. I. A.

After the organ prelude, which was played by Mrs. Julia A. Van Dyke, and the rendition of the song, "Proud, Yes, of Our Home in the Mountains," the invocation was offered by Bishop's Counselor Elias S. King.

The speaker of the evening, Elder M. J. Greenwood of Salt Lake City, gave an address full of timely advice to both young and old. He called attention to the undeniable lack of appreciation for the blessings which surround the people residing in these valleys and illustrated, by stories of personal experience in the missionary field, the folly of expecting to find lasting happiness in the things of the world, and yet the joys to be found in living true to their religion and being grateful for the many blessings received. With an appealing eloquence, he read in his closing remarks, "Count Your Many Blessings," and "Sometime We'll Understand."

A beautifully finished interpretation of Van Dyke's sacred story, "The Lost Word," was given by Miss Kathryn Bassett, who reads with fine understanding and control.

Tennyson's "In the Children's Hospital," was read with effective charm, by Miss Josephine Wade.

Miss Stella Wright gave a pleasing rendition of Tennyson's touching song story "The New Kingdom," and Miss Eva Rose sang the sacred solo, "I Come to Thee" in a most appropriate manner.

Marcus Critchlow's rendition of the violin solo, "Dreamy Moments," was excellent and the two quartette numbers, "Sweet Sabbath Eve," and "Good Night," splendidly sung by the popular local quartette, the Taggart Brothers and Francis Gaddard, added much pleasure to the program.

Almost undivided attention was given each number and the program was thoroughly enjoyed.

Bishop Van Dyke announced that City Commissioner T. Samuel Brown would speak to the young people of the ward on Wednesday evening next, in the meeting house. The benediction was offered by Miss Mabel Jensen.

A. J. PROUDFIT CALLED BY DEATH

After an illness of only one week, Andrew J. Proudfit, pioneer sporting goods dealer of Ogden, died at 10:40 o'clock yesterday morning of Bright's disease and general complications at his residence, 1949 Washington avenue. His wife and his two children, Mrs. Clem Williams and Robert L. Proudfit, were with him at the time of his death.

Mr. Proudfit would have been 72 years of age in September. He came to Ogden 22 years ago from his birthplace in Pennsylvania and for a time was proprietor of a billiard parlor in the Reed hotel. For the last twelve years he has been in business at Hudson avenue and Twenty-fourth street with his son, Robert.

Mr. Proudfit is survived by his wife the two children and two sisters, Mrs. Martha Culbertson and Mrs. Elizabeth Billings, and one brother, S. T. Proudfit of Pennsylvania.

Because of the advanced age of his brother and sisters, they will be unable to attend the funeral, which will be held at the family residence at 2:30 o'clock Tuesday afternoon. The services will be conducted by the Rev. Arthur Wittenberger. Interment will be in Ogden City cemetery.

FUNERAL FOR MRS. TACKETT IS HELD

Funeral services over the body of Mrs. Jessie Kellogg Tackett, wife of L. W. Tackett, were held at the family residence, 2723 Adams avenue, Sunday afternoon, at 3:30 o'clock. Rev. John E. Carver officiating. Mrs. Maud Dee Porter sang "Sometime We'll Understand" and A. H. Sander sang "Abide With Me." Miss Carrie Browning was the accompanist.

A beautiful tribute to the deceased as a mother and wife was paid by Rev. Carver in the course of his remarks, in which he also extended words of sympathy to the bereaved. The floral offerings were many and beautiful and included pieces from the following: Ogden lodge No. 68, Brotherhood of Railroad Trainmen, Judge and Mrs. H. H. Rolapp, Mr. and Mrs. E. S. Rolapp, Mr. and Mrs. H. H. Spencer, Mr. and Mrs. W. H. Eccles, Mr. and Mrs. A. W. Walker, Mrs. C. P. Tyree and family, Mr. and Mrs. Oren Hadlock, Mr. and Mrs. W. E. Read, Mrs. Nellie Fletcher, Mr. and Mrs. J. P. Woodward, Edwin Williams and Sons, Frances and Hattie Burrows, Mr. and Mrs. Allen Miller, Clarence Clark and family, Mr. and Mrs. T. S. Browning and family, Mr. and Mrs. C. A. Bell, Mr. and Mrs. F. Hammond, Chester and Don Sharar, Nellie McWhinney, Mr. and Mrs. E. A. Larkin, Mrs. Vining and Mrs. Egan, Mr. and Mrs. Wm. Yeager, Mrs. Thomas Moltman, Dr. D. C. Dalton, Emily Bucher, G. D. Klaus, Mr. and Mrs. Joseph Horrocks, Mr. and Mrs. Ed J. Horrocks, Mrs. S. Horrocks and Mrs. Jane Davis, Mr. and Mrs. T. A. Newman, Mr. and Mrs. C. J. A. Lindquist, Mr. and Mrs. J. E. Browning, The Club Girls, Mr. and Mrs. O. P. Blaisdell, Mr. and Mrs. G. E. McClure, Mr. and Mrs. Willard Kay and Mr. and Mrs. A. L. Bell.

The interment was in the city cemetery.

ner that gave evidence of exhaustive research by the debaters of all obtainable data, both pro and con, concerning the subject, which was:

"Resolved, That the controversy between the United States and Great Britain relative to Panama Canal tolls should be arbitrated by The Hague tribunal."

Miss Cora Kasius, Benjamin Henderson and Lorenzo Richards of the Academy took the affirmative side of the question and Frank Smith, Orville Farr and Bryce Swartzfager of the High school took the negative. Miss Verna Tracy of Weber and H. Williams of the Ogden High school were alternates for their respective teams.

The premises upon which the debate hinged was by mutual agreement, the section of the Hay-Pauncefott treaty of 1901, the substance of which is that all difficulties, between the nations concerned, which cannot be settled by diplomacy, should be arbitrated by The Hague tribunal, except those which would affect the vital interests, honor or independence of both nations or would affect a third party.

Ten-minute speeches were made by each of the six speakers with five minutes additional being allowed for rebuttal.

Miss Kasius, the first speaker for the affirmative, held that no part of the premises were affected in the present controversy, and that the United States in their prominent position of advocate of international peace, could ill afford not to submit the question to arbitration.

Mr. Swartzfager, for the negative, held that the vital interests of the United States were affected, in that he merchant marine should be increased as a vital necessity, and that the protection afforded domestic shipping interests by free tolls would result in the necessary increase; therefore the question was one of vital interest to the United States.

He was followed by Mr. Henderson for the affirmative, who read the section under debate, which said that the vital interests of both (not one) nations must be affected.

Mr. Smith then took up the third-party clause, claiming that the United States was discriminating against other nations in permitting the vessels of Panama to use the canal free of toll and that the possible abrogation of this right, as owners of the canal, by arbitration, would affect the independence of the nation.

Lorenzo Richards for the affirmative held that in spite of a negative decision by The Hague tribunal, that the United States could give Panama the money to pay the tolls—which would simply be to take it out of one pocket and place it in the other, and thus comply with the decision of the tribunal and still keep the latest treaty with Panama and, therefore, that as they would not be injured in the least, arbitration should not be avoided.

Mr. Farr, closing for the negative, waived independence and based his argument on honor, holding that the method advocated by his opponent, for getting around the possible decision would be dishonorable and that the United States should not be forced to resort to such measures by submitting the question to arbitration.

In the rebuttal, Weber had much the better of the debate, in the general effectiveness of their argument and the manner of exposition; Mr. Richards closing the debate with the most dramatic speech of the whole series.

The debate, which was of great educational value, should have drawn a crowded house, but only about 200 were present.

The Academy team is now eligible to enter the state meet.

CARD OF THANKS

We desire to thank all those who assisted us during our sad bereavement, the death of our son, Leonard. We especially wish to thank the Brothers of B. P. O. E. No. 719, Silver Tent No. 1, K. O. T. M., the teachers and children of the Grant school, also for the many beautiful floral offerings. We wish to thank Miss Brown and Mrs. Bartlett, who sang at the services. May they all receive the same kind assistance in their hour of sorrow.

MR. AND MRS. DANIEL R. DAVIS AND FAMILY.

FARMER HELD UP BY TWO BANDITS

Lawrence Soules, a farmer, was held up and robbed of \$5 by two unknown bandits at 12:15 o'clock this morning while he was returning to his farm from the store at Hooper. Soules had just left the center of the town when he was approached by the two with a horse. One covered him with a gun while the other did the searching. Two tramps who were in that vicinity yesterday are suspected.

Palace Cafe

Special Dinner . . 25c
Lunch from 11 a. m. to 4 p. m.
Dinner from 4 p. m. to 8 p. m.
TOM HOY, Mgr. 284 25th St.

GAS RANGES

PEERY-KNISELY HARDWARE CO.
2437 Wash. Ave. Phone No. 213

The appearance of our shoe repairing is the best you will find.

Clarks'

Slade's Transfer

Phone 321. 408 25th Street
We have the largest van in the city. Quick service. Moving, shipping and handling pianos. Prompt freight deliveries. Furniture moving a specialty. Storage at reasonable rates.

\$20 WATCH FREE

every month to our customers. Free Coupons with each and every 50 purchase.

J. KORB

Cigars, Candles, Etc. 138 25th St.

GRAPE JUICE

Made from the grapes that has made the famous.

D'UROY PORT

35c pint. 65c quart.

McBRIDE Drug Co.

Prescription Specialists.

2463 Wash. Ave.

Plants

OF ALL KINDS

Asters, Doz.10c
Tomato, Doz.10c
Yellow Tomato, Doz.10c
Geraniums, each15c
Pansies, Doz.25c
Cabbage, Doz.10c
Egg Plant, Doz.25c
Both kinds of Peppers per Doz.25c
20 lbs. sugar\$1.00

With a \$5.00 Cash Order Only at Retail Price.

SMITH MEAT and GROCERY

26th and Wash. Ave.

Phone 91

UNB

FINANCIAL SERVICE

of the highest character is rendered by the Utah National Bank.

Its resources, conservative management and facilities attest its security and usefulness.

Accounts subject to check are invited.

UTAH NATIONAL BANK

OGDEN, UTAH

Jesse Knight's "Spring Canyon Coal"

This is the first time this "Best of Good Coal" has been on the market here in Ogden.

We are in the market to introduce this good coal at the same prices that you have been paying for the other Utah coals. Give us a trial order. Do not overlook the fact that we sell "MAMMOTH COAL."

A good, clean Wyoming coal at the following prices: Lump, \$5.00. Nut, \$4.50 Delivered.

FRANK MOORE COAL COMPANY

"DEALERS IN ALL KINDS OF COAL." Yard on West Side of Wall Avenue Between 22nd and 23rd.

CALIFORNIA NEW TRAIN SERVICE

Inaugurated April 8th
"THE PACIFIC LIMITED"

Electrically Lighted equipment, Standard and Tourist Sleepers, Diner, Observation Car, "Free Reclining Chair Car."

Leaves Salt Lake Daily 8:45 a. m.
Arrives Los Angeles 10 a. m.
Two other good trains daily.

THE LOS ANGELES LIMITED
Electrically Lighted, Standard and Tourist Sleepers, Diner and Observation Buffet.

Leaves Salt Lake 5 p. m.
Arrives Los Angeles 4:30 p. m.

THE OVERLAND EXPRESS
Standard and Tourist Sleepers, Dining Car through, Free Reclining Chair Cars.

For further information See Any Salt Lake Route Agent, Write for California Literature.

Ticket Office No. 10 East 3rd Co., Salt Lake
T. C. PECK, G. P. A. J. H. MANDEFIELD, A. G. P. A.
Los Angeles, California. Salt Lake City.